

## STATE OF MAINE CHILDRENS SERVICES GRID

Service	What is it?	Who is Eligible?	How to access it
<b>Targeted Case Management (TCM)</b>	<p>TCM provides a support person, known as a community Case Manager*, to help families find and connect to helpful resources and treatment services for their child.</p> <p>*This is different from a school-based case manager.</p>	<p>A child or youth aged 0– 1 with <a href="#">MaineCare</a> or under 19 with MaineCare's <a href="#">Katie Beckett waiver option</a> and a mental health diagnosis, an intellectual disability, or a developmental disorder.</p>	<p>Refer directly to an agency providing the service. Find a provider <a href="#">here</a>.</p>
<b>Behavioral Health Home</b>	<p>An all-inclusive support team that includes a case manager/care coordinator, a nurse, a psychiatric consultant, medical consultant, a clinical supervisor and youth and/or parent peer support to be delivered in the youth's home/community. This team will work with youth and families, in collaboration with your primary care provider to help reach both mental and physical health goals. Families should expect to see their care coordinator at least once a month, more as needed</p>	<p>A child or youth aged 0-21 with <a href="#">MaineCare</a> or MaineCare's <a href="#">Katie Beckett waiver option</a> who has a mental health diagnosis, autism, intellectual disability, or developmental disorder and has a need for more intensive coordination of their physical and mental health care.</p>	<p>Refer directly to an agency providing the service. Find a provider <a href="#">here</a></p>
<b>Rehabilitative &amp; Community Service (RCS)</b>	<p>In-home community support service that helps youth with autism, developmental and intellectual disabilities and their families develop prosocial, safe behaviors and activities of daily living. RCS focus is on skill development and does have a therapy component. It is skill building. The number of weekly hours is determined by need identified in an assessment. The average 17 hours of work with the family a week.</p>	<p>A child or youth aged 0–21 with <a href="#">MaineCare</a> or under age 19 with MaineCare's <a href="#">Katie Beckett waiver option</a> and Autism, cognitive impairments or developmental and intellectual disabilities who has a need for assistance in developing everyday functioning skills. Youth and caregivers participate in treatment</p>	<p>Guardian or supports submit application for eligibility to Kepro at <a href="http://www.qualitycareforme.com">www.qualitycareforme.com</a></p>
<b>Specialized Rehabilitative and Community Service</b>	<p>An in-home community support service designed to help youth with significant impairments in communication, life skills and self-regulation skills using evidence-based interventions to improve social functioning and increase developmentally appropriate skills. The number of weekly hours is determined by need identified by an assessment. The average is 22 hours of work with the family a week</p>	<p>A child or youth aged 0–21 with <a href="#">MaineCare</a> or or under age 19 with MaineCare's <a href="#">Katie Beckett waiver option</a> and an Autism Spectrum Disorder or other clinically relevant diagnosis who has a need for assistance with significant impairments in communication, life skills, and self-regulation. This service requires that youth and their caregivers participate in treatment.</p>	<p>Guardian or supports submit application for eligibility to Kepro at <a href="http://www.qualitycareforme.com">www.qualitycareforme.com</a></p>
<b>Outpatient Treatment</b>	<p>Assessment and counseling to address symptoms, relieve excess stress, and promote growth for children and families.</p>	<p>Youth with a mental health diagnosis or developmental disability and evidence that treatment is necessary</p>	<p>Refer directly to an agency or provider providing the service.</p>
<b>Medication Management</b>	<p>Psychiatric evaluation, prescription, administration, education and /or monitoring of psychotropic medications</p>	<p>Youth with a mental health diagnosis or developmental disability who have evidence that this treatment is necessary</p>	<p>Refer directly to an agency or provider providing the service.</p>

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<b>Home &amp; Community Treatment (HCT)</b>	<p>A team-based approach that includes a therapist and a BHP (behavioral health professional) working in the youth's home and community with the entire family to help understand and reduce behaviors that are negatively impacting your daily lives. HCT hours are determined by clinical need and average 4 to 10 hours in the home or community per week for an average of 6 months.</p>	<p>A child or youth aged 0–21 with <a href="#">MaineCare</a> or under age 19 with MaineCare's <a href="#">Katie Beckett waiver</a> option and a mental health diagnosis who has a need for intensive treatment beyond outpatient therapy. This service requires that youth and their caregivers participate in treatment.</p>	<p>Guardian or support submit application for eligibility to Kepro- information at <a href="http://www.qualitycareforme.com">www.qualitycareforme.com</a></p>
<b>Multi-Systemic Therapy (MST)</b>	<p>In home family treatment for youth experiencing aggressive behavior (fighting, property destruction, self-harm, running away, unsafe behavior), trouble with the law, drug/alcohol use, a lot of school problems including discipline, suspension, expulsion to keep youth safe and home. . MST can prevent youth from becoming involved with the law and reduce concerning behaviors. An MST therapist is available 24-hours a day, seven days a week. On average families receive about 10 hours a week connecting multiple times per week for 2-5 months of MST treatment.</p>	<p>Youth <b>aged 12–17</b> with <a href="#">MaineCare</a> or <a href="#">Katie Beckett waiver</a>, a mental health diagnosis, and a need for treatment to help with serious behaviors as mentioned above. Both youth and their caregivers participate in all treatment sessions.</p>	<p>Guardian or support refer directly to an agency or provider providing the service. Find a provider <a href="#">here</a>.</p>
<b>Multi-Systemic Therapy for Problem Sexual Behaviors</b>	<p>An in-home, evidence-based program for youth who have exhibited problem sexual behaviors which may result in harm to the youth or others. MST-PSB offers interventions to keep youth and others safe and in the community; reduce problem sexual behaviors and increase youth and community safety. The MST-PSB therapist is there for the family 24-hours a day, seven days a week. On average families receive about 2-5 hours a week with a minimum of 2 session per week for five to seven months.</p>	<p>Youth <b>aged 10–18</b> with <a href="#">MaineCare</a> or <a href="#">Katie Beckett waiver</a>, a mental health diagnosis, and a need for treatment to help with sexual behaviors that are aggressive, forced, and may cause harm. Both youth and their caregivers participate in treatment all sessions.</p>	<p>Guardian or support refer directly to an agency or provider providing the service. Find a provider <a href="#">here</a>.</p>
<b>Functional Family Therapy</b>	<p>A short-term evidence-based treatment to help address youth's high-risk behaviors, such as parent/child conflict, violence, substance use and other criminal activity. A therapist comes to your home and works with your family to create a plan to build better relationships within the family and help learn new skills to resolve problems safely. On average families receive at least one or more 1-hour sessions per week for 16-30 sessions.</p>	<p>Youth <b>aged 11–18</b> with <a href="#">MaineCare</a> or under age 19 with MaineCare's <a href="#">Katie Beckett waiver option</a>, a mental health diagnosis, and a need for treatment to help with challenging behaviors that could lead to serious consequences. Both youth and their caregivers participate in all treatment sessions.</p>	<p>Guardian or support refer directly to an agency or provider providing the service. Find a provider <a href="#">here</a>.</p>
<b>Intensive Outpatient Program (IOP)</b>	<p>For youth who need intensive treatment for acute psychiatric and/or chemical dependency issues while living at home</p>	<p>Needs can't be met in a community-based setting- requires active and inclusive treatment in an outpatient setting</p>	<p>Referrals are made directly to the Hospital Intake</p>
<b>Children's Residential Care</b>	<p>Short-term, out of home (24/7) intensive treatment for youth whose symptoms put them at high risk for psychiatric hospitalization and/or harming themselves or others.</p>	<p>A child or youth aged 5–21 with <a href="#">MaineCare</a> or under age 19 with MaineCare's <a href="#">Katie Beckett waiver</a> option and a mental health diagnosis and/or autism or a</p>	<p>Guardian or support submit application for eligibility to Kepro at <a href="http://www.qualitycareforme.com">www.qualitycareforme.com</a></p>

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<b>Facility (CRCF services)</b>	Behaviors may include frequent and harmful aggression (that causes or is likely to cause injury) toward self, others or property, chronic thoughts of and/or threats of suicide, or harmful sexual behaviors that are aggressive, intrusive, coercive, and may cause harm. Youth experiencing mental health symptoms and significant substance use related to those may benefit from CRCF services. Treatment usually is 3 to 6 months with the goal of returning home as soon as possible. Caregivers should plan to participate in weekly family therapy and regular visitation at the program and at home (weekly is ideal when safe).	developmental disability who has a need for intensive treatment to address behaviors that cannot be treated safely in the home and community due to the intensity of the symptoms. This service requires that caregivers participate in all aspects of treatment.	
<b>Mobile Crisis</b>	Statewide hotline providing immediate, crisis-oriented support and assessment focused on the immediate stabilization of the crisis situation, available 24/7	Any person in Maine at any time	Call the statewide crisis hotline at 1-888-568-1112
<b>Crisis Stabilization Unit (CSU)</b>	A temporary out of home service providing 3-7-day crisis stabilization	Youth in crisis and a current risk of danger to self or others but not in need of psychiatric hospitalization	Mobile Crisis Assessment or Psychiatric ED
<b>Psychiatric Hospital</b>	Short term (3-7 days), 24/7 acute inpatient psychiatric stabilization support by a multi-disciplinary team	Youth presenting with a clear and reasonable inference of serious harm to self or others where the behavior requires intensive psychiatric, medical and nursing treatment interventions	Mobile Crisis or Psychiatric ED determines need and facilitates placement after completing a crisis assessment